

## 5 A Day Recipes

### Desserts

#### Four-Star Citrus Ambrosia

##### Serves 4

- grated peel of  $\frac{1}{2}$  tangerine
- 2 tangerines, peeled, segmented, seeded
- 1 grapefruit, peeled, sectioned
- 1 carton (8 ounces) low fat vanilla yogurt
- 2 oranges, peeled, cut into half cartwheel slices
- 3 Tbsp. flaked coconut, toasted

Stir tangerine peel into yogurt; chill. Divide fruit into four dessert dishes; chill. To serve, spoon yogurt mixture over fruit. Sprinkle each serving with toasted coconut and garnish with fresh mint leaves, if desired.

This is an official 5 A Day recipe and provides four people with one and a half servings of fruit each.

Recipe provided by Sunkist Growers, Inc.

##### Nutritional Analysis

Calories: 155  
Fat: 2 g  
Cholesterol: 3 mg  
Fiber: 3 g  
Sodium: 47 mg  
% Calories from Fat: 14%